**Coach: Edmond Khoo**

*Coachee S/No.: 1101*

*Period of Coaching: May to Sep 2023*

*Number of Sessions: 6*

*Number of Hours: 12*

*Average Duration per Session: 2 hours*

TESTIMONIAL

*by Coachee who is a Director, Public Sector Organisation, Singapore.*

Dear Edmond,

Reflecting on our journey, I am amazed by the self-discovery that I have undergone under your guidance. Your ability to listen without judgment, to ask the right questions, and to provide insightful perspectives has been nothing short of remarkable.

I am appreciative that you have been a confidante, a mentor, and a guide, helping me navigate the complex terrain of leadership and self-awareness.

Leadership is complex, and so is self-awareness. It’s a combination of skills, traits, behaviours, and attitudes that is mostly learned rather than born with. It should begin with an honest and deep exploration of one's own values, strengths, weaknesses, and motivations – to understand our own emotions, triggers, and biases to navigate challenges and interactions, so we can lead with authenticity and empathy.

I am not perfect, and I make silly mistakes all the time, but I’ll still strive to be as effective a leader as possible. This requires a good understanding of people, communication abilities, decision-making skills, emotional intelligence, adaptability, strategic thinking, motivating, inspiring and more. I’ll strive to be all.

One of the impacts of my journey with you has been the clarity I have gained about my own values and priorities. The DISC is a revelation to me, it has given me an insight that I never knew myself; it’s a navigation tool for better interpersonal communication and relationship building.

I am thankful that your patient and thoughtful approach allowed me to explore or question myself without feeling rushed or pressured. I cannot express how appreciative I am for the safe space (Botanic Gardens) you created for me to openly share my personal experiences and challenges.

Your empathy and understanding have given me the freedom to be vulnerable and authentic. Your ability to listen, made me feel valued and understood, and that has been a gift beyond measure. You have a knack for putting the pieces together for me.

Thank you for being an exceptional coach, confidante, and friend.

Sincerely.